
Daily Health Check

Checking children's health on a daily basis can help prevent the spread of illness, especially during flu season or a flu pandemic. A simple health check usually takes less than a minute.

I. Listen

When you greet the child ask how he or she is. Also ask the parent/guardian how the child is doing.

- Listen to what the child and parent/guardian tell you about how the child is feeling.
- If the child can talk, listen for complaints. Is the child hoarse or wheezing? Is he or she coughing, breathing fast, or having difficulty breathing?

Also ask about any illness in the family. This will alert you to the possibility the child may become sick in a day or two and may be contagious.

2. Look

Get down to the child's level to see her clearly. Look for signs of health or illness.

- Is the child's behavior unusual for this time of day? Is the child clinging to the parent, acting cranky, crying, or fussing?
- Does the child appear listless, in pain, or moving with difficulty?
- Does the child look pale or flushed?
- Does the child feel hot to the touch?
- Does the child have a rash, sores, swelling, or bruising? Is the child scratching the skin or scalp?
- Do the child's eyes look red, crusty, goopy, or watery?
- Does the child have a runny nose? Or is the child pulling at the ears?
- Does the child have mouth sores, drool excessively, or swallow with difficulty?

If a child is sick and should not be around others, call the child's parents or guardian. It is important to have updated contact information for anyone who is authorized to take a child away from the center. Until the parent or guardian arrives, keep the child in a comfortable place that has been set aside for sick children and away from other children.